

Chicken or Turkey Vegetable Soup

Meal Components: Vegetable, Vegetable - Red / Orange, Vegetable - Other, Meat / Meat Alternate

Soups & Stews, H-04B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 gal 3 ½ qt		3 gal 3 qt	1. Combine stock, chicken or turkey, tomatoes, celery, onions, pepper, parsley, and granulated garlic. Bring to boil.
*Cooked chicken or turkey, chopped	1 lb 9 ½ oz	1 qt 1 cup	3 lb 3 oz	2 qt 2 cups	
Canned low-sodium diced tomatoes, with juice	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 ¼ qt (2 No. 10 cans)	
*Fresh celery, chopped	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup	
*Fresh onions, chopped	1 lb	2 ? cups	2 lb	1 qt 1 ? cups	
OR	OR	OR	OR	OR	
Dehydrated onions	3 oz	1 ½ cups	6 oz	3 cups	
Ground black or white pepper		1 tsp		2 tsp	
Dried parsley		¼ cup		½ cup	
Granulated garlic		2 Tbsp		¼ cup	

Canned low-sodium liquid pack whole- kernel corn, drained	1 lb 2 ½ oz	2 ¾ cups (¼ No. 10 can)	2 lb 5 oz	1 qt 1 ½ cups (½ No. 10 can)	3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables).
OR	OR	OR	OR	OR	
Frozen whole-kernel corn	1 lb 1 ½ oz	3 ¼ cups	2 lb 3 oz	1 qt 2 ½ cups	
Canned low-sodium diced carrots, drained	1 lb 2 oz	2 ½ cups (¼ No. 10 can)	2 lb 4 oz	1 qt 1 cup (½ No. 10 can)	
OR	OR	OR	OR	OR	
Frozen sliced carrots	1 lb 6 oz	1 qt 1 cup	2 lb 12 oz	2 qt 2 cups	
Canned low-sodium cut green beans, drained	15 oz	3 ½ cups (¼ No. 10 can)	1 lb 14 oz	1 qt 3 cups (½ No. 10 can)	
OR	OR	OR	OR	OR	
Frozen cut green beans	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	
Canned low-sodium green peas, drained	1 lb 1 ½ oz	2 ½ cups (¼ No. 10 can)	2 lb 3 oz	1 qt 1 cup (½ No. 10 can)	
OR	OR	OR	OR	OR	
Frozen green peas	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
					4. Cover and simmer for 15 minutes, or until vegetables are tender.
					5. CCP: Heat to 165° F or higher for at least 15

6. Pour 9 lb 1 ¼ oz (1 gal ? cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
7. CCP: Hold for hot service at 135° F or higher.
8. Portion with 8 oz ladle (1 cup).

Notes

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Chicken, whole, without neck and giblets	4 lb 7 oz	8 lb 14 oz
OR	OR	OR
Turkey, whole, without neck and giblets	3 lb 7 oz	6 lb 14 oz
Celery	12 oz	1 lb 8 oz
Mature onions	1 lb 3 oz	2 lb 6 oz

Serving	Yield	Volume
1 cup (8 oz ladle) provides ½ oz equivalent meat, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/8 cup additional vegetable.	50 Servings: about 27 lb 4 oz 100 Servings: about 54 lb 8 oz	50 Servings: about 3 gallons 2 cups 100 Servings: about 6 gallons 1 quart